



# The Prospector

Sitka Pioneers' Home

December 2017

Vol.37 No.12

## *Resident Birthdays*

<i>Joe Riederer</i>	<i>12-18</i>
<i>John Sandor</i>	<i>12-22</i>
<i>Lee Sandor</i>	<i>12-24</i>
<i>Reggie Davis</i>	<i>12-25</i>
<i>Fred Hope</i>	<i>12-30</i>

## *Staff Birthdays*

<i>Salote Lavula</i>	<i>12-3</i>
<i>Marilou Arce</i>	<i>12-4</i>
<i>Kathy Inman</i>	<i>12-5</i>
<i>Edna Nicolo</i>	<i>12-9</i>
<i>Marievic Ramil</i>	<i>12-10</i>
<i>Susie Allensworth</i>	<i>12-18</i>
<i>Ron Mears</i>	<i>12-23</i>
<i>Saori Handy</i>	<i>12-25</i>
<i>Mona Allen</i>	<i>12-31</i>

*We will celebrate December birthdays  
at the Home Happenings celebration  
on Friday, December 29th.*

## **Scuttlebutt...**

Please welcome Sharon Petersen, RN III, to Sitka and the Pioneer Home family. Sharon recently moved from Connecticut to be closer to family. We look forward to getting to know her as she takes on a supervisory nursing role here.

Susie Allensworth went to New Mexico for a vacation and to see family. Can't wait to hear about her trip!

Let it  
SNOW!



## Sitka Pioneer Home Veterans Raise the Flag for Veterans Day 2017



Staff and resident veterans gathered as the sky brightened for the day on Saturday, November 11th. The group formed to take part in a very symbolic national ritual: raising the American flag. Susie Allensworth (pictured at the center of the top photo), a staff member who served 3 years in the Army, led the group. They saluted as the flag was raised. A couple of the attendees shared later that as the flag reached the top of the pole, emotions brought them to tears. This ceremonial display stirred memories. God bless America and thank you for your service.



# Native American Heritage Month —Presentation of the Tribes

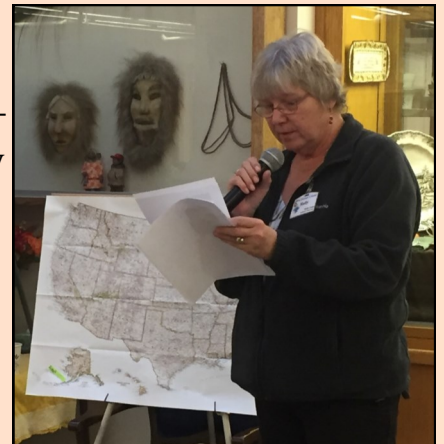
**Aleut Tribe** -Presented by Denise  
(with models Martha and Patty)



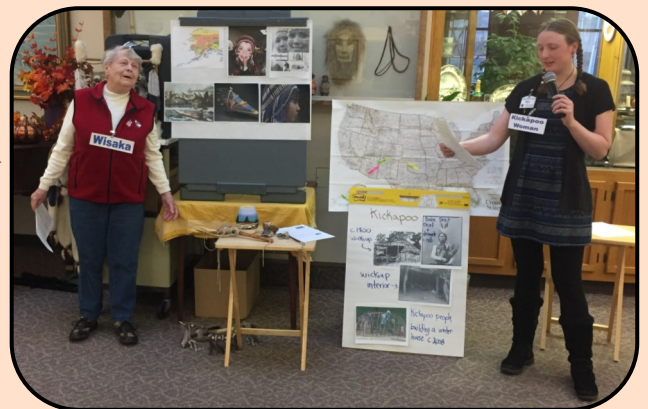
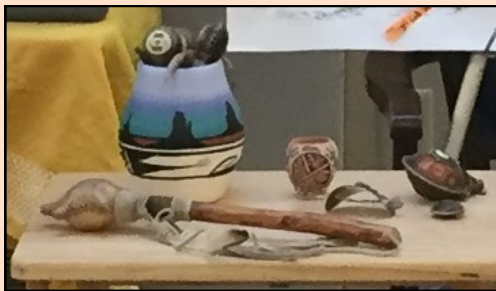
**Mesa Verde and Pueblo Tribe** –  
Presented by Jill



**Tlingit Code Talkers** –  
Presented by Rolly

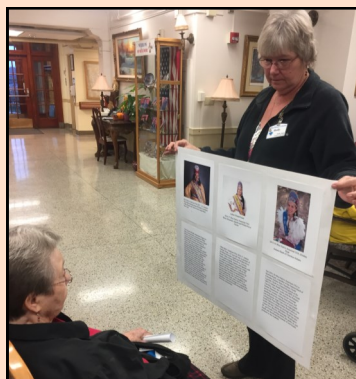


**Navajo Tribe** –Presented by Skye



**Kickapoo Tribe** –Presented by Skye and Betty

**Miss Native American USA Pageant** –  
Presented by Becky and Sue







## *Welcome Marta Ryman*

Marta was born on September 3, 1936 in Sitka, Alaska to James D. Williams and Florence Genevieve Marshall. Marta grew up in Sitka with her many siblings - Marie, Marshall, Eleanor, Willy, George, Jimmy, Dick, Sylvia, Juanita, Clarence and Eugene. Marta married James Ryman on June 4, 1960 and they raised their three daughters here in Sitka. Daughter Nikki Nevers lives in Washington state, and daughters Monica Eastham and Julie Phipps live in Sitka. Marta and James have three grandchildren and two great grandchildren. Marta worked at the Movie Theatre and in medical transcription. She also worked for years for the State of Alaska, at the Job Service office, here in Sitka, until she retired in 1986. Marta has traveled extensively throughout her life and has been to Mexico, New Zealand, the East Coast, New Orleans and Seattle, to name just a few places! Marta has enjoyed beading in the past. She enjoys reading, watching TV and movies, and "oldies" music. She also enjoys social gatherings, singing and dancing. Marta loves traditional native culture and has been involved with Shee Atika and Alaska Native Sisterhood (ANS). She also enjoys BINGO, cards, guessing games and puzzles.

*Please welcome Marta to R-House neighborhood and the Sitka Pioneer Home family!*

The Annual  
Sitka Pioneer Home

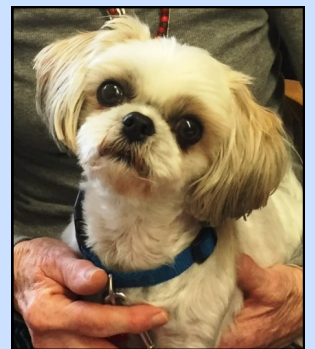
# CHRISTMAS BAZAAR

**9am-3pm Friday Dec. 8th and  
9am-12pm Saturday Dec. 9th**

**in the Gift Shop  
and Main Lounge.**



## *Lydia's Birthday Party*



You're invited to Join Lydia for a celebration of her 6th Birthday!

**Wednesday, December 6, 2017  
at 3:00pm in the Main Lounge**



# Thanksgiving Open House

Pies, hot pumpkin soup, artisan bread, and hot apple cider were served while Bonnie Cottrell played the piano at the start of the Open House. After lunch Mike and Iko played jazzy saxophone and piano tunes. Many family and friends from the community came to join in the fun and festivities. Martha and Nathen even went up front to dance!

Several folks brought in homemade treats too! Barb Sturm (retired SPH staff) brought cherry cheesecake, Dayna Arnold (SPH Administrator) brought brownies, Marilyn Coruzzi (local physician) brought pizzele, and Fredi Young (SPH resident) made pecan pies. Each one added to the flair of the Thanksgiving Open House. Thank you, they were so yummy!





## Thanksgiving Open House pumpkin pies...



**Debby and Jim's weekend concert was a hit! Thank you for sharing your original music with us.**

**Sitka Pioneer Home joined the Great Sitka Arts Council Fall Art Walk! This evening event was a blast. Many folks from the community came to check out the Home, Gift Shop, refreshments, entertainment and the company of the residents.**

**Betty is pictured here with a variety of ceramic Christmas trees made here in the Home. Betty has also been busy getting ready for the Christmas Bazaar. She is knitting baby slippers and putting together ornament earrings.**



***Christmas Bazaar***— Sitka Pioneers' Home Christmas Bazaar will be held in the Gift Shop and Main Lounge Friday, December 8th from 9:00am to 3:00pm and again on Saturday, December 9th from 9:00-11:00am. Residents and staff have been very busy preparing for the sale. We have been painting ceramics, baking, sewing, crocheting, and crafting. It should be a great sale to raise funds for the Resident Council account.

***Sitka Rotary Club Christmas Party***

The annual Christmas party sponsored by the Sitka chapter of Rotarians will be held in the Main Lounge on Saturday, December 9th at 1:30pm. All residents are encouraged to attend. Refreshments will be served and gifts given! Hope to see you there.

***Sitka Pioneer Home Christmas Party***— The annual Pioneer Home Christmas Party will be held in the Chapel on Friday, December 22nd at 1:30pm. We would love to have all residents, staff, families, and friends join us for refreshments, entertainment, and a visit from jolly old St. Nicholas. Residents will receive gift bags and the annual "Christmas Poke"!

***Holiday Open House***— All are invited to the Main Lounge on Wednesday, December 20th, for a potluck of treats, hot cider, and homemade eggnog. The Open House will start at 9:00am and go until 3:00pm. Come on by and help us spread some holiday cheer!





**Thank you to all the staff, family and volunteers that contributed time and effort to help residents get out to enjoy all the community events for Veterans day.**

**SHS donated ten poinsettias. They are beautiful. Thank you, Sitka High!**



**Local artist, Jerrod Galanin, brought some of his beautiful silver bracelets and a slideshow of photos. The slideshow featured some of the people who have influenced his artistic journey and showed some of the larger projects he has been**

**a part of. Thank you, Jerrod, for taking the time to come in and teach us a little bit about what you do to keep Tlingit culture alive and growing.**



**Mark Sixby, a wood carver, musician, and cultural paraprofessional, played the guitar and sang some songs he wrote. He also brought in and showed us one of his homemade ukuleles and a guitar on which he carved a Tsimshian design on. This was a neat addition to the Native American Heritage Month events! Thank you for coming in!**



**SPH Cheer Squad members, Becky and Gabby, worked with all staff to put together a beautiful Tree of Gratitude. Each leaf has a little tag with a staff member's name. Everyone was invited to pick a leaf, write a message of gratitude to the person whose name is listed, then decorate the leaf as they wish. The Cheer Squad then arranged them on the tree and picked five who would receive prizes...the two most original statements, the two best decorated, and one drawn from a hat. Thank you to everyone who took a few minutes to write something nice about a coworker. We are sure it made their day!**







**Mt. Edgecombe High School National Honor Society students came in and spent some time with residents during Ice Cream Social. It is always a pleasure to visit with them. Thank you for coming in!**



**Keith loves showing residents this model destroyer he is working on. Keith hopes to get as much help as possible from residents who enjoy this sort of thing.**



**The Sitka Conservation Society held a Wild Foods Potluck, so a 4H coordinator brought supplies for us to help make the centerpieces!**



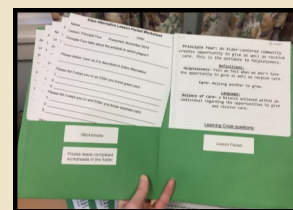
Our Eden Alternative journey focus for Oct, Nov, and Dec...

**Principle Eight:** *An Elder-centered community honors its Elders by de-emphasizing top-down bureaucratic authority, seeking instead to place the maximum possible decision-making authority into the hands of the Elders or into the hands of those closest to them.*

**Check the green folders on each neighborhood for the Eden Lesson Packets!**

Prioritize your ongoing Eden education.

The packets are available until Dec. 1st.



## Meetings:

Resident Meeting: Wednesday, Dec. 13th @ 1:30pm

Certified Eden Associates: Friday, Dec. 29th @ 10:00am

## Home-wide Eden Neighborhood Team Meeting:

Friday, Dec. 1st 2017 @ 1:30pm in the Main Lounge

Agenda: Review Principle 8. Review 'The Webs We Weave' activity (see photo).



**\*Look to the Certified Eden Associates for support: Dayna Arnold (CEE), Skye Workman (CEE), Patty Ady, Mona Allen, Shari Carroll, Chris Davison, Betty DeCicco, Dolores Doggett, Saori Handy, Kathy Inman, Rolly Jeske, Pat Kehoe-Pendell, Jill Kollerup, Minda Manuel, Lisa Partido, Grace Roller, Katy Rouse, Denise Salter, Sharon Stitz, Becky Tremain, Brian Weddel, & Fredi Young**



## **Resident Meeting Minutes *Wednesday, Nov. 8th 2017 @ 1:00pm (Main Lounge)***

**Attending:** Martha H, Anna W, Donna G, Fredi Y, Galen I, Ruth F, Sue H, Bonnie S, Maureen R, Fred H, Betty D, Jean R, Joe R, John S, Brenda B, Susie S, Greg O, Kitchen Manager, Dayna A, Administrator, and Skye W, RTI.

### **Food Forum:**

AK Day went well. Thanksgiving will be a buffet including turkey and ham. Greg has been working with rose hips that he harvested. He tried to make jelly, but it wouldn't set, so he made tea, and candies. Salmon soup was requested by an attendee.

### **Old Business:**

Gift shop signs are finished.

We will recognize all volunteers at February Home Happenings.

### **Agenda Items:**

An outline of upcoming events was shared including an announcement of the participation of SPH Gift Shop in the upcoming Art Walk.

Thanksgiving Open House will be held in the Main Lounge with live entertainment and community invite.

Recent donations for resident activities were presented. No suggestions for the use at this time.

Some molds have been purchased for ceramics shop.

Fredi reviewed a couple points from the annual SPH Auxiliary meeting.

### **New Business:**

The opportunity to share the history of Thanksgiving was requested to help get people in the spirit of the holiday.

### **Administrator's update:**

Dayna is out of town.


**Respectfully submitted, Skye Workman, Recreation Therapist I**

## **Biblical Fun!**

Sometimes all you need to brighten your day are some colorful scarves, fun sunglasses and some good gospel music. Thank you Pam M. and Bonnie C. for this activity!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>2017</div>  <p>Flower: <b>Poinsettia</b> Birthstone: <b>Turquoise</b></p> 			<div>1</div> <p>8:00am Visits 10:00am Cutting to The Nutcracker</p> <p>11:00am Exercise 11:15am Old Favorites</p> <p>1:30pm Eden Gathering</p>	<div>2</div> <p>9:00am Visits 9:30am Catholic Service</p> <p>10:00am Debby's Violin Class</p> <p>1:30pm Cutting/ Social</p>

10:00am Exercise w/ Mark 12:45pm Piano Music	3	8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:30pm Bonnie 4:00pm AA meeting 6:00pm Knitting	4	8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 10:00am-12:00pm Paula's Garage Sale gifts 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	5	8:00am Visits 10:30am Protestant Service 11:00am-1:00pm EVS Door Knocker Party 1:15am Gospel Music 1:30pm Bingo: RHouse 3:00pm Lydia's b-day 5:30pm Celtic Music	6	8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm Circle Time 4:00pm AA meeting 5:30pm Golden Oldies	7	11:15am Old Favorites 9:00am-3:00pm Christmas Bazaar	8	9:30am Catholic Service 10:00am Debby's Violin Class 9:00am-11:00am Christmas Bazaar 1:30pm Rotary Christmas Party	9
10:00am Exercise w/ Mark 12:45pm Piano Music	10	8:00am Visits 10:45am Circle Time 11:00am Exercise 1:30pm Bingo 2:30pm Bonnie 4:00pm AA meeting 6:00pm Knitting	11	8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	12	8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Resident Mtg 2:00pm Bingo: RHouse 5:30pm Celtic Music 6:00pm Draw / Paint	13	8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 1:00pm Strong & Steady 1:30pm MEPS Carols 3:30pm 4H Craft & Music 4:00pm AA meeting 5:30pm Golden Oldies	14	8:00am Visits 11:00am Exercise 11:15am Old Favorites 5:00pm Christmas Lights Drive	15	9:00am Visits 9:30am Catholic Service 10:00am Debby's Violin Class 1:30pm Slingspiration	16
10:00am Exercise w/ Mark 12:45pm Piano Music	17	8:00am Visits 10:45am MEPS Carols 11:00am Exercise 1:30pm Bingo 2:30pm Bonnie 4:00pm AA meeting 6:00pm Knitting	18	8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	19	8:00am Visits 9:00am-3:00pm Christmas Open House Potluck 10:30am Protestant Service 11:15am Bonnie 5:30pm Celtic Music 6:00pm Draw / Paint	20	8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 1:00pm Strong & Steady 4:00pm AA meeting 5:30pm Golden Oldies	21	8:00am Visits 11:00am Exercise 11:15am Old Favorites 1:30pm Christmas Party	22	9:00am Visits 9:30am Catholic Service 10:00am Debby's Violin Class Santa's Helper will be delivering gifts around the home	23
10:00am Exercise w/ Mark 12:45pm Piano Music	24/31	 10:00am Christmas Service 11:15am Bonnie	25	8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 1:00pm Strong & Steady 1:30pm Movie & Popcorn 5:30pm Folk Music	26	8:00am Visits 10:30am Protestant Service 11:15am Gospel Music 1:30pm Bingo: RHouse 5:30pm Celtic Music 6:00pm Draw / Paint	27	8:00am Visits 9:00am Shopping 9:30am Storytelling 10:00 Biblical Fun 1:00pm Strong & Steady 4:00pm AA meeting 5:30pm Golden Oldies	28	8:00am Visits 10:00am Eden Associates Meeting 11:00am Exercise 11:15am Old Favorites 1:30pm Home Happenings / New Years Celebration	29	9:00am Visits 9:30am Catholic Service 10:00am Debby's Violin Class 1:30pm Cutting/ Social	30

\*Please feel free to contact the Activities Department if you would like a copy of our calendar! \* Note: Activities are subject to change